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FREE

JANUARY 3, 2013



Who's who
in New Year
Honours **P3**



**WHAT'S IN STORE
FOR 2013** Wharf malls expand to
meet new demand **P4**



The
TRAVEL
8 PAGES OF IDEAS **issue**

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JERSEY**

NEWS Legal challenge threatens sculpture sale + + Isle of Dogs hit-and-run + + Fare rise anger



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WEATHER

18C	TODAY Sunny
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9C	SUNDAY Showers
12C	MONDAY Mostly cloudy



TRAVEL

TUBE & DLR

There are no planned closures on the Jubilee or DLR this weekend.

ROADS

Congestion is expected around The O2 as well as near key shopping destinations

INSIDE

NEWS

Pages 1-7

LIFESTYLE

Pages 8-10 / 19-20

TRAVEL

Pages 11-18

COMMENT

Pages 21

WHAT'S ON

Pages 22-23

PUZZLES

Pages 25

SPORT

Page 27



P8



P23

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ESTABLISHED 1998

Agenda

My buddy has made the great escape

One of my best buds that works here at Canary Wharf has quit. After nearly 10 years of threatening to, he has finally resigned.

A decade of working in E14 – imagine? On second thoughts, don't. I don't want to be responsible for anyone harming themselves.

He doesn't have another job to go to, or a plan of what to do next. I give it a month and he'll be destitute and sleeping on my sofa. People say they're going to jack in their jobs and create a new life all the time. You don't expect them actually to do it. It's the little white lie we tell

BLONDE'S EYE VIEW



ANGELA CLARKE

ourselves as we slave away in our climate controlled office, endlessly commuting and repeatedly drowning our sorrows in the pub: one day I will walk away from all this.

Do you dream of retiring to a private island? Shipping out to the country to grow vegetables? Downsizing to a hut by the sea? It's January, it's natural to think of fresh beginnings.

And yet still we get up, trudge into work and keep the hamster wheel turning. No one leaves. Apart from my Wharf buddy, oh and my other friend who last year fulfilled on her promise to emigrate to Berlin.

I'm happy for them, but I can't help being selfish about this. Who am I going to meet for impromptu lunches now? Who's going to carry me into a cab at the end of the night?

Statistically the chances of numerous people from the same social set pursuing a new life must be low. The blighters have lessened my chances of escape.

More than anything else, my Wharf buddy was a constant source of material for this column. What the hell am I going to do now? Happy New Year indeed.

Follow Angela on twitter:
@TheAngelaClarke

Reuters' view



Revellers write the number 2013 with sparklers during the Hogmanay (New Year) street party celebrations in Edinburgh

A week
in photos
Page 24

HAPPY NEW YEAR to all our readers and advertisers

Our market-leading Property section will return on January 10

30 Second Wharf

NEWS

Sculpture sale woe

Legal challenges have thrown the sale of a multi-million-pound sculpture into doubt.

Page 4

Foodbank steps in

Financial hardship meant that a foodbank had a specially keen role to play this Christmas.

Page 7

FEATURES

Leon's light fare

Leon has revamped its menu to reflect a changing attitude to fast food.

Food • Page 19

Curtain falls

A Greenwich-based group is celebrating its successful debut run in the West End.

What's On • Page 22



P22

What our writers are talking about



■ This is *the* year. In the workplace, I'll swagger. I'll strut. If an opportunity arises, I'll grab it, if it doesn't, I'll create one.

Tabitha Ronson

■ Physicist say that it is the Higgs Boson that gives objects mass. Yes, but not with the cruel efficacy of the calorie.

Giles Broadbent

■ This year, as my own years perilously advance, the care of elderly relatives is becoming an ever growing issue.

John Biggs

■ While still a step or two down from some of the Wharf's finer establishments, Henry's offers the perfect vibe for lunch.

Rob Virtue

Corrections & Clarifications

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Last of the Olympic medals are awarded

PEOPLE

Beth Allcock
@wharf.co.uk

THOSE responsible for London's Olympic successes both on the track and behind the scenes have been rewarded with titles in the Queen's New Year honours list.

Members of the Canary Wharf-based London Organising Committee of the Olympic and Paralympic Games (Locog), which conducted preparations for 2012's spectacular from its offices in Churchill Place, were recognised with a range of accolades.

Locog chairman **Lord Sebastian Coe** was granted a Companion of Honour, awarded to those who show outstanding achievements in the arts, literature, music, science, politics, industry or religion.

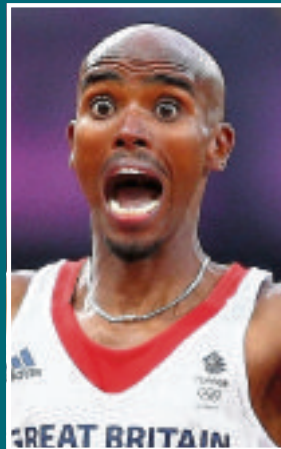
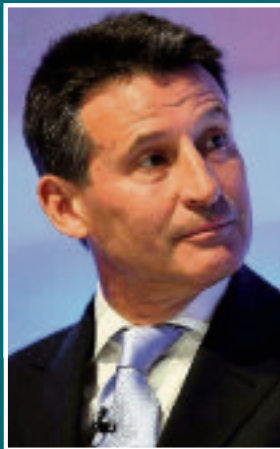
The body's CEO, **Lord Deighton**, was selected for a knighthood, alongside deputy chairman **Sir Keith Mills** who received the Knights Grand Cross.

Ruth MacKenzie, director of the Cultural Olympiad, has been made a CBE and Locog's director of communications, **Jacqueline Brock-Doyle**, received an OBE.

And recognising his services to athletics on the track, particularly during the summer when he became the king of the 10,000m and 5,000m events, Newham and Essex Beagle **Mo Farah** has been granted a CBE.

London Mayor Boris Johnson said: "The success of the London 2012 Games was not down to chance – it was down to a cast of thousands of athletes, volunteers and staff."

"There can be no doubt that the efforts of Team GB and Paralympics GB provided a truly amazing spectacle, inspiring people into sport, and it is only right they are properly honoured for their contribution."



Clockwise from top left: Lord Sebastian Coe; athlete Mo Farah; Poplar Harca service manager Asim Iftikhar and Locog chief executive Lord Deighton

And although sport had a heavy presence in the 2013 list, the honours also provided the opportunity for community heroes to shine.

Asim Iftikhar, service manager for communities and neighbourhoods at Poplar Harca, spoke of his "total shock" at being granted a British Empire Medal (BEM) for services to the community.

The 43-year-old, who grew up in Stratford before moving to Poplar, is tasked with managing the community provisions for the social landlord, which manages about 8,500 homes in the area as well as offering oppor-

W

What was your reaction to news?

I was shocked to start with but I am immensely proud. It was a fantastic Christmas present.

Asim Iftikhar

tunities for its residents including employment, training and work to combat anti-social behaviour.

"The jewel in the crown was last year – our community event got together close to about 1,000 people from all walks of life," said Asim, whose role is to assist residents with the opportunities.

"There was no divisions or anything, it was very harmonious and when you do that and see those people it's amazing and very rewarding really."

And Asim said his nomination, put forward by Poplar Harca director Babu Bhattacharjee and MP Jim Fitzpatrick, was a complete surprise.

"I got the letter in the post and I thought it was a hoax," he said.

"I thought it was just one of those circulars you get, so I didn't do anything about it for a day or so."

"I was shocked to start with but I am immensely proud. I am grateful they recognise the work I do. It was a fantastic Christmas present."

Yeoman **Donald Simms**, of the Greenwich Foundation for the Old Royal Naval College, will also receive a BEM for services to the community.

John Burton, director of Westfield Stratford City and director of development at Westfield, was also recognised with an OBE.

NEWS IN BRIEF

Crime news

Hit-and-run driver contacts officers

ISLE OF DOGS Police have arrested a 34-year-old man in connection with an incident in which a female pedestrian was hit by a car and left with serious head injuries.

The 38-year-old victim was taken to hospital following the incident at Westferry Road by the junction of Stratford Street on December 18.

The arrested man has been released on police bail and must return in March. He initially fled the scene but contacted police later. He has not been charged and the police investigation is continuing.

Man in court on murder charge

POPLAR A man has appeared in court charged with the murder of 50-year-old Eric Paul in Bow on December 22.

Fitzroy Anthony Daley, 36, of Sedgwick House, Gale Street E3, appeared at Thames Magistrates Court on Boxing Day.

Mr Paul, who lived in Matthews House, in Burgess Street, Poplar, was found in Devons Road with stab wounds.

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News

Sculpture sale hit by new legal challenge

POLITICS

Beth.Allcock
@wharf.co.uk

Legal issues of ownership have muddled the waters surrounding the potential sale of Henry Moore's *Draped Seated Woman*. Bromley Council has written to Tower Hamlets Mayor Lutfur Rahman challenging his right to sell the statue affectionately known as Old Flo.

Bromley Council has enlisted the help of museum specialists to conduct detailed archival research and claims that when the London County Council was abolished in 1963, the ownership of Old Flo was not transferred to Tower Hamlets Council.

Instead, it said, the sculpture remained the property of the Greater London Council and, following its abolition, was vested in the GLC's London Residuary Body and transferred to Bromley Council.

Sharon Ament, director of the Museum of London: "Not only is Bromley asserting that it owns Old Flo, it has also committed to its public display."

"We look forward to working with Bromley and our other

TIMELINE

1962: Sculpture bought for £7,400 by London County Council.
1962: Sculpture installed on the Stifford Estate in Tower Hamlets
1986: Ownership of the sculpture transferred to LBTH after abolition of LCC and then the GLC.
The London Government Act 1985 vested all residuary property, rights and liabilities to Tower Hamlets.
1997: Stifford Estate demolished and sculpture was loaned to Yorkshire Sculpture Park.

campaign partners to make this happen.

"We hope very much that Old Flo will come home to the East End and the museum has offered to cover all the costs, including transport, conservation, security and insurance."

However, Tower Hamlets Council said it has sought legal opinion which "clearly" identified the borough as the owner.

Mayor Rahman said: "The ownership of Old Flo is beyond

doubt. Following the two major London local government reorganisations in 1965 and 1985 there are many examples of assets, including artwork, being transferred with land or houses without being expressly named in the documentation of the time.

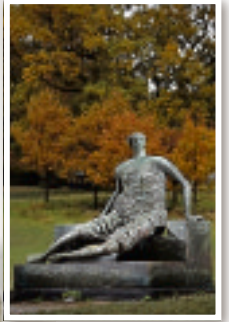
"If Bromley owned the sculpture why have they stayed silent for 27 years?"

"This move is an insult to the East End as we need the sale proceeds to help alleviate the impact of government cuts."

Tower Hamlets Borough Council said Stifford Estate – the site of the sculpture – was transferred to Tower Hamlets borough by the GLC.

It said the statue was an estate amenity expressly enjoyed by and for the Stifford Estate and as it was enjoyed with the land, under law it was transferred with the estate.

In 1985, the council said it was "clearly understood" that Old Flo would be transferred to Tower Hamlets, and the council believes that the sculpture is property "held in connection" with the Stifford Estate and it is therefore irrelevant that it was not specifically named in orders of the time.



Left, a plaster model of *Draped Seated Woman*, on display at the museum, and, above, the final work in Yorkshire Sculpture Park

Exhibition fixes link between sculptor and the East End

CULTURE

After much political debate about the future of Old Flo, the story of how the Henry Moore sculpture came into being has been put on show by a venue striving to preserve her future.

The exhibition at the Museum of London Docklands, entitled *Henry Moore And The East End*, delves into the story of the Tower Hamlets statue, officially known as *Draped Seated Woman*, by showcasing a variety of the sculptor's drawings, maquettes and plaster models, as well as bringing visitors up-to-date with its potential sale.

The statue was gifted to the Stifford Estate in the East End but has been on loan to the Yorkshire Sculpture Park for the past 15 years and late last year, Mayor Lutfur Rahman made the controversial decision to sell Old Flo to raise funds for the borough.

This prompted outrage from councillors, residents and the museum. Consequently, the sale was delayed and the Museum Of London Docklands offered to host the sculpture.

Francis Marshall, senior art curator at the Museum of London, said the exhibition was timely.

He said: "The decision to put the display here was important. It was partly a desire to keep the issue live but it was also to provide an opportunity for visitors to give their opinion."

"It is all very well for us to say 'Save Old Flo', but it is useful to have some idea of what people at large think."

The display digs deeper into the link between the sculptor and the East End and reveals the ideas behind the artistic techniques used to create his draped lady.

Francis said there was a "very clear link" between Moore's drawings made during 1940s wartime in Britain and the development of the sculpture at the centre of debate.

"Henry Moore did all these drawings of members of the public sheltering from the Blitz in the Underground system," he said.

"A lot of these drawings were made on the Central Line around Bethnal Green and in this part of London, so they are very significant to the East End."



Art curator Francis Marshall says Moore's Blitz drawings, below, put *Draped Seated Woman* in context

"It makes Henry Moore's link with the East End more exact."

"These are drawings of people sleeping in blankets, covered in drapery, and he said about the war, these drawings with draped figures influenced his sculpture."

"It made him start to think about how drapery could be used to create sense of form, for example fabric stretched across a knee and the way it folds."

"In a way, the placing of that sculpture in the East End, does create a link and meaning between the war work, the situation the East Enders found themselves in and the sculpture."

"It adds a particular resonance to the piece."

Aside from the historical influences, the exhibition also gives an insight into Moore's "work methods" with the

display of a plaster working model of *Draped Seated Woman*, made in 1956.

Francis added that although it had been restored by the Henry Moore Foundation, a section of the model's leg had deliberately been left damaged, to reveal a metal pole and newspaper stuffed to support it.

He added: "The reality is, art always comes out of a significant social context, it is not divorced from reality at all."

Visitors can leave their comments on the exhibition and the Museum's continual bid to host Old Flo at the end of the display.

Henry Moore and the East End will run until March. Go to museumoflondon.org.uk/oldflo.
Beth Allcock





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New fashion retailers to greet influx of Wharfers

SHOPPING

Cos is first fashion chain to be named for Jubilee Place extension, open this year, writes **Beth Allcock**

As you're busily snapping up New Year essentials in Jubilee Place, take time from your shopping spree to glance around at your surroundings.

For the tell-tale signs of an impending retail transformation are already starting to show, ensuring that winter shopping in the mall will never be the same again.

Eagle-eyed Wharfers will have already spotted the hoardings next to Cafe Nero, housing new escalators to replace the existing set on March 25.

And these are just a small section of the plans being undertaken by Canary Wharf Group Plc which involve the creation of a further layer of retail under Jubilee Place.

It will provide space to accommodate 22 units in the 42,000 sq ft space earmarked for new shops, as well as the addition of five new units for fashion and accessories on the current level.

And with workwear retailer Cos already signed up and more than 60 per cent of units already filled, or in the hands of solicitors, plans are steaming ahead for the extension's opening in November.

What will Wharfers find in the extension?

"The retail will be similar to that on the existing Jubilee Place level, so it will be primarily fashion shops, but there is going to be one restaurant."

Camille Waxer

Camille Waxer, chief administrative officer at Canary Wharf Group, said shoppers would be able to walk through the newly-created second tier of the mall in three months' time, although the retail stores would not be open until November 1.

"There has been a lot of interest in the space and we are very pleased with it," she said.

"We have got some good ones [fashion and accessories retailers] we are hoping to get signed off in January."

"The retail will be similar to that on the existing Jubilee Place level, so it will be primarily fashion shops, but there is going to be one restaurant."

"We are always looking for something a little bit different, something we think will fit in with those who work and shop here. That's how we have leased Canary Wharf from the beginning."

Cos is the first store to be revealed – exclusively to *The Wharf*. The chain announces itself as "a fashion concept for men and women brings the design flair and quality of high fashion at ground level prices".

"We love Cos," said Camille. "It matches the profile of people that work here and its offer is a little bit different."

In addition to undertaking the transformation within Jubilee Place, Canary Wharf Group is also assisting with the development of Crossrail which will also see the first developments open to the public this year (see *panel*).



Camille Waxer, chief administrative officer of Canary Wharf Group

Camille said 2013 was the right time to push ahead with Jubilee Place Mall extension, building on a year that has seen increased footfalls in the mall and on the back of what is expected to be a successful Christmas period for their retailers.

"We have had planning permission since 2008 on this space. When the market changed in 2008, we decided to delay it."

"Now, with JP Morgan moving into its building and Shell bringing 2,000 people, we felt with the addition in population it was the right time to expand."

"We estimate that 19,000 people work directly above those shops in the mall."

And the impact of Westfield Stratford City just two stops away on the Tube? Camille said: "We complement Westfield Stratford City and we work well with them – it all helps east London. We do have some duplicates but we tend to have different retailers."



Crossrail update

THE Crossrail project will mean Wharfers can benefit from speedy transport links to and from the City from 2018.

But the development also promises a place where workers and visitors can indulge in their passion for leisure and food.

A restaurant will encompass 10,000 sq ft of the top floor in the surroundings of a landscaped park, while on a below-ground floor there will be a boutique cinema, specialised gym and another leisure provider, which cannot yet be revealed.

This "–2" level will be opened in 2013, five years before the first trains run through Crossrail in 2018, while the "–3" Floor, set to contain convenience stores and dry cleaners, will only be able to be accessed at the same time as Crossrail.

Camille said of the proposed facilities, which differ significantly from the retail provision in the Jubilee Place expansion: "What we would really like to do is have a base in leisure much more."

"We have quite an active programme of more than 180 leisure events during the year, most are free, and the Crossrail development will add to the leisure."

"It's very exciting we have got the two – Crossrail and Jubilee Place – going on, but they are very different."

"We wouldn't normally be working all at the same time but with this it's fine as they are very different operators."

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Commuters back at work with less money in pockets

TRANSPORT

Mayor under fire
for above-inflation
increase on tickets

Beth.Allcock
@wharf.co.uk

London Mayor Boris Johnson has been accused of misunderstanding the financial pressures affecting residents after transport fares rose above inflation for the fifth consecutive year.

Many commuters across the capital returned to work this week to find an extra pinch to their pockets, with bus fares and tube fees increasing by an average of 4.2 per cent.

In real terms, the Mayor's decision means those using public transport will shell out five pence more for each Oyster pay-as-you-go bus journey while the cash fare will increase by 10p to £2.40.

Wharfers who use a Boris Bike to travel to and from work have also been subject to the price hike, with daily hire increasing to £2 and a weekly ticket doubling from £5 to £10.

Mayor Johnson has now come under fire from assembly member John Biggs who flagged up the

impact of the revised fares on the lives of those in east London.

"It is time Boris understood the pressure on Londoners' pockets and reduced the fare rise to inflation or less," said the Labour member.

"Before the election he said he would 'bear down on fares' but we have seen no evidence of this.

"He simply doesn't understand the pressure that ordinary Londoners are under.

Caroline Pidgeon, leader of the Liberal Democrat London Assembly Group said: "Inflation busting fare rises are Boris Johnson's New Year's gift to Londoners.

"The cheapest bus or tram fare – a single Oyster pay-as-you-go fare – has soared from 90p to £1.40.

"If the mayor stopped pouring money into his vanity projects such as the cable car he could ensure fare rises were capped at no more than inflation."

Since 2008, bus fares have increased by 56 per cent, a weekly Zone One to Six off peak travelcard has gone up by 21 per cent and a monthly Zone One to Three card has risen by 25 per cent.

Mayor Johnson said: "This fares package is hugely important to our millions of passengers and I am very pleased to have secured nearly £100million that will help to keep fares as low as possible, and protect the important concessions that we offer the most vulnerable Londoners."

Safety pledge to cyclists

TRANSPORT bosses have promised cyclists a safer route through Newham under plans to be consulted on next week.

The planned extension of Barclays Cycle Superhighway 2, which runs from Aldgate to Bow, includes 3km of separated cycle lanes and 10 junction upgrades including that at the Stratford Gyrratory.

Transport for London has teamed up with Newham Council on the proposals. Mayor Sir Robin Wales had previously blocked the superhighway, citing concerns over cyclists safety.

Speaking over the latest plans

Sir Robin said: "It's important that residents take part in the consultation so they can make sure the route incorporates all the design and safety aspects they want to see, resulting in high quality cycling infrastructure which will improve safety."

The consultation opens to the public on January 7 and will be available to view at tfl.gov.uk.

There will also be exhibitions at Stratford Shopping Centre from 10am to 2pm on January 19 and at View Tube, Marshgate Lane, The Greenway, between midday and 4pm on Sunday, January 20.

Foodbank sees rise in demand and donations

CHARITY

Hardship creates a crisis beyond reach of welfare system

Rob.Virtue
@wharf.co.uk

When financial hardship strikes, it is often the East End that feels the pain most acutely.

That's why Tower Hamlets Foodbank held a hamper event in the days leading up to Christmas.

Those who took solace from the offerings were on the rebound from issues as straightforward as redundancy to more complex entanglements, including domestic violence.

Food, donated in a series of collections across the borough, was handed at an event at Christ Church in Spitalfields.

Support has been wide-ranging,

from the world's biggest firms to those in communities, themselves deep in hardship.

Langdon Park has the second highest ratio of free school meals in the country. Witnessing that poverty has inspired pupils to take a lead role in tackling it.

The school collected around 450kg of goods in 2010 and followed that up with 540kg last year. Despite the worsening economy, the children this year collected 637kg of goods for the foodbank.

Teachers Mary O'Brien and Claire Frost, as well as a team of students, came to the event to see where the food goes.

Mary said: "The students who help don't see it as poverty, they just think they themselves are lucky. They just want to make others happy."

"We've seen some parents from our school come today to receive a hamper."

In total around four tonnes of food was collected for this year's hamper donation and given out to those who



Volunteers and recipients at the Foodbank distribution point at Spitalfields

IFCO managing director Chris Taylor said: "Denise rang us and explained what she needed. We thought it was an excellent idea and we wanted to come on board. This is a group of fantastic, inspirational people."

"We like to help people who need help so we set up our responsibility initiative to offer support. This fits in perfectly with our philosophy."

Christine Bamigbola, the London development officer for the Trussell Trust, which oversees the UK's foodbanks, was also at the event.

"Without the volunteers this would never be done," she said. "People are volunteering like never before and now 292 foodbanks in the UK have fed over 10,000 people in the last six months."

As well as providing a much needed food source, Christine said the foodbank had other benefits with teams using the events to offer support and advice.

"People feel happy when they find out about the offer of food but then realise they are going to have to face someone to receive it," she said.

"They become more aware of their situation and have to confront it."

The Foodbank is now looking for new storage facilities for 2013. Go to towerhamletsfoodbank.org.uk if you can help.



have been referred by charities or social workers.

"Coming here has been eye-opening," said Claire. "Next year we'll get kids to bring toys they no longer need because we've seen a demand for that."

Companies which have supported the Tower Hamlets Foodbank also gathered at the event to see first-hand the effect of their contributions.

Global firm IFCO, which supplies crates to companies such as Waitrose and Tesco, decided to help after a plea from the Tower Hamlets Foodbank founder Denise Bentley.

As well as providing crates, the company went on to fund storage space.

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Health

Why a personal trainer could be this year's exercise essential

REEBOK SPORTS CLUB

Ulisses gives us a workout and we pick his brains on what to get out of your PT

Beth.Allcock
@wharf.co.uk

Sadly there's no magic wand to wipe away the physical repercussions of a Christmas filled with rich food treats and sparkling wine.

But, in the absence of a mystical elixir, Reebok Sports Club's very own fairy godmothers and godfathers are waiting to whip you into shape.

The Canary Wharf-based fitness centre boasts a team of specialised personal trainers, headed up by Ulisses, who ensure every workout you do with them is of maximum benefit to your body.

With more than 10 years' experience training celebrities including the *Xtra Factor*'s Caroline Flack and super-model Gisele, the New Yorker certainly knows his stuff.

"First and foremost, it's about knowing what to do in the gym," he said. "A lot of beginners don't know. That's where a personal trainer comes in – they not only give you the motivation but also structure a plan you can follow."

"First you do a session with them where you talk about your fitness goals, long term and short term, as well as any injuries they should



know about, because that's also very important when picking a trainer.

"You need to make sure the trainer is specialised so they can tell you what to do and what not to do."

"Then you have the motivational

factor – most people work to 60 per cent of what they are really supposed to do, whereas a trainer would make you do 100 per cent of it, because there is someone watching you."

Ulisses recommends two hour-long

SESSION TEST

■ **My usual routine:** Gym work – Just the treadmill and crosstrainer, (occasionally, if I'm honest).
Others exercise: I'm in a weekly running club, and go to Zumba and Pilates classes.
■ **My 30-minute session with Ulisses:** We worked on a circuit session and focussed

on using both my body weight and dumbbells to vary my workout. I did three reps of a circuit of jumping jacks, squats, biceps with dumbbells, press ups, dips, sit-ups and hops. Each circuit increased in intensity and Ulisses provided guidance and encouragement throughout. **BA** ★★★★★

ALTERNATIVES

■ **Body Reform** in Cabot Square offers Wharfers the chance to Kick off 2013 with one-to-one training in an exclusive, state-of-the-art studio. Go to bodyreformpt.co.uk.

■ **Fancy building your with a professional from the comfort of your own home?** **Myhometrainer.co.uk** has a team of male and female personal trainers on-hand to meet you in your living room, or even your local park, to help you cram that workout into a busy day. Go to myhometrainer.co.uk.

sessions with a personal trainer per week. He said an additional benefit of exercising with a trainer for time-poor Wharfers was efficiency.

"Some people can wander around wondering what machine to do next," he said.

"Being more time-efficient, especially if you're busy, means you can get the most out of your time in the gym and remain productive outside it too."

Ulisses said the festive period often resulted in a "bulge" of three to four kilograms in extra weight, making pound-shedding the most popular request in the New Year.

To help you shift those pounds and liven up your gym routine, he has five top tips for January.

■ **Review your last year:** Analyse the fitness goals you set and evaluate the benefits.

■ **Ensure the goals you set are realistic ones and think positive throughout:** "Some people say 'I want to lose two stone in a month,'" Ulisses said. "It can take you six months. It's based on how your body responds to the training."

It's not just training, part of it is your diet."

■ **Adorn your kitchen fridge, bathroom door and office desk with reminders of your fitness goals:** This way they are always in your mind and act as a prompt to make time to pack your gym kit before you dash out of the front door.

■ **Enlist the help of a personal trainer or team up with a gym buddy:** Share your fitness goals and spur each other on or take the motivation from your personal trainer.

■ **Keep a log of all your work-out sessions and achievements:** This, coupled with a monthly review and a re-setting of your goals with a personal trainer, would help avoid the dreaded plateau and generate results.

"That's the great thing about having a trainer," he said. "They can look at your programme and, if necessary, change it up a gear."

Personal training sessions cost £65 each, in addition to membership. Email pt@reebokclub.co.uk or call 020 7970 2050.

TOP tips



■ **Don't go mad in January:** Quick fixes may seem like a good idea after days of over-eating but the real trick to shifting that turkey tum is planning healthy, portion controlled, tasty meals and snacks alongside an exercise routine you'll still want to do in three months.



FITNESS WITH LAURA WILLIAMS

Get the look: Jamie Foxx

The *Django Unchained* star adjusted his tough regime to make it more physique-friendly.

How he does it: Lifting seriously heavy weights left the 45-year-old actor with aching joints so he decided it was time to change his routine.

"My shoulders started hurting from benching really heavy weights," he said. "So I look at the surfers – they have serious cores – and thought, 'how can I slim down and lean out?'"

So the actor switched from big weights to a morning programme of four sets of 25 reps each of pushups, situps, and crunches.

You can too: Whether training with heavy loads has left you with joint pain, sore muscles or just a bit

fatigued, changing your routine can be beneficial on many levels.

Switching from a routine that's designed for bulk to a routine that will still leave you muscular can save time and money, not to mention aches and pains.

If you're pushed for time, alternating chores such as brushing your teeth with performing sets of push ups can be a handy circuit to squeeze in as you're running out the door (make sure you've warmed up by running up the stairs).

If you want a surfer's core, you need to work on all the muscles from the hips to your shoulder. Moves like the Plank and its variations such as the Side Plank, Swiss Ball Plank, and the Plank With A Donkey Kick are perfect.



REUTERS

Q&A

Is there any way to do exercises such as leg curls and lat pull-downs at home?

You can do a lat pullover at home with a large dumbbell or you can try a seated dumbbell row sitting on a chair or ball with a smaller weight. You can also do this with a resistance band.

For the legs curls, try standing ham curls, which are very effective (position one foot on a chair or bench, hop forward on the other leg then bend forward at the waist stopping when your back's flat, before bending the front knee and lowering to the floor and straightening again – back stays flat throughout though).

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Food

COOK WITH BILLINGSGATE SEAFOOD SCHOOL

COCONUT AND CHILLI STEAMED PALOURDES



For the first of our regular collaborations with Billingsgate Seafood School, we've chosen this spicy shellfish starter that will bring a flavour of the east to your table. Serves 4

Ingredients

1 kg (2 1/4 lb) palourde clams
2 red chillies, seeded and chopped
1 clove garlic, crushed
1 lemon grass stalk, thickly sliced
1 teaspoon grated fresh root ginger
200 ml (7 fl oz) coconut milk

A handful of chopped coriander leaves

Method

Wash the clams and check that they are all tightly shut. Discard any that are damaged or do not close when tapped sharply.

Put the chillies, garlic, lemon grass, ginger and coconut milk into a large saucepan. Bring to the boil and simmer for one minute.

Add the prepared clams, cover with a tight-fitting lid and cook

for four to five minutes or until the clams are fully opened. Lift the clams into a serving dish, discarding any that are not open. Bring the cooking liquid to the boil and simmer for one minute. Stir in the coriander and spoon over the clams to serve. Present the dish in a bowl.

You can also try this dish with razor clams, mussels or surf clams. This recipe is taken from *The Billingsgate Market Cookbook* by CJ Jackson, published by New Holland Publishers, £20.

Billingsgate Seafood School, 020 7517 3548, seafoodtraining.org

Less the future than Wimpy

WHARF REVIEW

Leon

Cabot Place West

It's fast food but not as we know it. Or, at least, that was the old vibe. But restaurant chain Leon has ditched its delightful evening hot boxes – it's goodbye to the Gobi, BBQ chicken and Moroccan meatballs served in cardboard boxes with rice and slaw.

Instead, more conventional burgers, salmon and a chicken leg with a selection of sides or mezze-style dining pots have been brought onto its dinner menu.

Five of us sat down to dine, meaning we could pretty much cover the entire offering at one sitting. The simple pricing system – set costs for items on their own and the addition of one or two sides – is to be applauded.

But Leon has regressed. Less "changing the face of fast food", than reconstructing it.

Our "burgers" are served wrapped in foil then inexplicably placed on wooden blocks with an accompanying plate and cutlery (remember Wimpy?). It's fussy, pointless and breaks up the course.

And then there's the definition of "burger". Chorizo and halloumi were both options, so we went for them, curious to see what kind of patties would arrive.

None. Apparently anything in a bag falls into the aforementioned category, which might satisfy the OED pedants but didn't quite ring true on the table.

What we got were slices of cheese or sausage between two halves of a spelt bun smothered in peppers, pickles and garlic yoghurt. In my book that's

Leon's halloumi burger turned out to be a cheese sandwich



a sandwich even in a foil wrapper. Semantics aside though, both were delicious and, although Leon may have shunned the opportunity to pick less conventional accompaniments, the balance of flavours was perfectly pitched.

I had my doubts that only a slaw on the side would create a filling main, but they proved unfounded. It was fresh, crunchy and sufficient despite lacking a heavy mayonnaise dressing.

Leon clearly hasn't dropped its belief that food should both taste and do you good.

My colleague's roasted quarter chicken came with a chilli sauce that produced bee-stung lips but was ideal for those that could take the heat.

The only person at the table to opt for the three pots and a side mix and match dinner deal found it a challenge to finish, but this did result in some good natured sharing.

There was never any doubt we would leave room for pud – there were no complaints in the sweet tooth tickling department about the chocolate cake, pecan pie or chocolate mousse, however the promised accompanying servings of Greek yoghurt drizzled with blossom honey were glaringly absent.

Leon has a limited alcohol menu and although the wine options – red or white – did not sound promising, the white certainly set the bar high and was far superior to expectations.



WINE WITH PAULO BRAMMER

JANUARY: BOTTLES FOR DETOXING

1

■ Fre, Premium Red, Alcohol Removed 2011
■ £3.39 at Waitrose in Canada Square
■ If you are really taking your detoxing seriously, this is the wine for you. It's less than 0.5 per cent ABV and the only downside is that it doesn't really taste like wine. On the nose it has hints of cherry yoghurt, blackberry jam and cranberry sauce.



Paulo's verdict
Blackcurrent squash
★☆☆☆☆

2

■ Quinta do Avelada, Vinho Verde, Portugal 2011
■ £6.99 at Majestic
■ Vinho Verde means "green wine" and is made from early picked grapes making a fresh wine ready for consumption. This wine has only 11.5 per cent ABV and is fully dry with a light spritz texture and lovely notes of citrus and acacia.



Paulo's verdict
Fresh and green
★★★★☆

3

■ Pol Roger Pure NV
■ £41.99 from Waitrose in Canada Square
■ Cuvee Pure is made without any dosage (the process whereby Champagne houses add sugar before bottling) therefore a glass of this wine will have approximately 40 calories less than standard bubbles. Aromatic with notes of lemon zest and green apple.



Paulo's verdict
Lighter fizz
★★★★☆

Paulo Brammer buys wine for ETM Group, which owns The Gun. Go to etmgroup.co.uk

Wharf TRAVEL 2013



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10

**OF THE MOST
UNEXPECTED
DESTINATIONS**

**ENDURING
MAGIC OF
CORSICA** **P16**

**8-PAGE
PULLOUT**

TRAVEL

Pleasures as old as time in a county that has so much

DEVON

Roger St Pierre enjoys the Jurassic Coast and dines well on its produce

Ignore the cynics who sneer at the English Riviera marketing tag. When the wind drops and the skies clear to a beautiful blue, glorious Devon has a coastline to match any in the world.

Britain's second largest county is doubly blessed in having equally famed north and south coasts but it was to quieter East Devon that we headed for a week of sunshine on the border between Devon and Dorset.

This is the stretch of the English Channel that was dubbed The Jurassic Coast when it gained Unesco World Heritage Site status in 2001.

It is 95 miles of stunning shoreline studded with fossils and recording more than 185million years of the Earth's geological history.

Sweeping pebble beaches, towering chalk or red clay beaches and wonderful cliff-top walks backing on to lush green countryside and a steep succession of short, sharp hills create a true drama on your travels.

Consult your map, calculate the length of your journey, think on how long it would normally take you to



Sea Sacks at Ladram Bay

cover such a distance – then double your estimate.

But this is not a destination for people in a hurry. It's a quiet place in the country, somewhere to slow the clock, relax, take things easy. Perfect for a self-catering cottage holiday.

We took our choice from the 700 idyllic properties on offer through Classic Cottages, 154 of them in Devon, 30 in Dorset.

Bettys Ground is a light and airy modern property set amid immaculately maintained shrubbery down a sweeping gravel drive and attached to an imposing 19th century mansion.

Close by are the little market town of Axminster as well as the pretty seaside towns of Seaton and Lyme Regis and the fishing village of Beer.

Fresh fish straight from the boats is one of many culinary delights, to which can be added Devon clotted cream teas and pasties as good and filling as any you'll find in Cornwall.

There's a good choice of restaurants and gastro pubs. A standout is TV chef Hugh Fearnley-Wittingstall's River Cottage Store and Canteen (rivercottage.net), in Axminster.

Continued on Page 16

COMING SOON

the Wharf TRAVEL CLUB



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Lucia Blash picks out 10 top holiday spots for those who dare to be different

1 MONGOLIA

Still very much unexplored, Mongolia is a must for those looking for an untamed, remote destination. Exploring this stark landscape is for the true adventurer only as Mongolia has a culture and way of life like no other. No trip is complete without a visit to Lake Khovsgol, widely regarded as Mongolia's most beautiful destination, and Karakorum, the ancient capital built by the legendary Genghis Khan in the 13th century and home to the first Buddhist centre of Mongolia, the impressive Erdene Zuu Monastery.

2 URUGUAY

Uruguay in South America is a great alternative to the standard Brazil or Venezuela. Steeped in history, and free from mass tourism, this is the perfect escape for those looking for something a little different. Highlights include a trip to the laid-back city of Montevideo (the real birthplace of tango); Punte del Este, South America's upmarket equivalent of Marbella; and the breathtaking beaches at Cabo Polonio.

3 MADAGASCAR

You've seen the animated franchise now go see its namesake. Madagascar is one of the most beautiful and unexplored places in the world, particularly if you are a marine and wildlife enthusiast. Home to five per cent of all animal and plant species, this island, with its diverse and epic landscape, is an adventurer's Nirvana. So remote and unexplored are parts that they can only be reached by private plane.

4 MYANMAR (BURMA)

Probably the best kept secret in South East Asia, Myanmar (Burma) is a stunning destination steeped in ancient wonder. The temples at Bagan, spread out over a vast dusty plain, are one of Asia's premier historical sites, while the royal city of Mandalay is rich with an ancient past of palaces, monasteries and pagodas. Myanmar offers an adventure that is difficult to replicate.

5 EAST TIMOR

Asia's newest nation is filled with hidden secrets to tantalise the most intrepid of travellers. Explore the colonial heritage of Dili, with its Portuguese monuments and Catholic churches, climb Mt Ramelau for unforgettable views over the island and ocean, and relax on deserted beaches where the only other people you encounter are local.



10 destinations off the beaten track



Main picture, (and front page) the paradise beaches of Zanzibar. From top, Mongolia; the Asmara theatre in Eritrea; and the Paro valley, in Bhutan

6 ZANZIBAR

The name alone conjures an exotic locale, an imagined isle one can only but dream of. Zanzibar, in the Indian Ocean, is paradise. At the heart of the island is Stone Town, a maze of narrow twisting streets, colonial buildings and bustling spice markets is filled with wonder. For pure escapism, head to Nungwi where you'll find pristine white sand beaches and some of the best diving and snorkelling in the world.

7 ERITREA

Eritrea is a gem for the curious traveller. Rich in culture its capital, Asmara, has one of the finest examples of Art Deco architecture. Red Sea towns such as Massawa give glimpses into its Ottoman heritage, while the Dahlak Islands offer superb diving and amazing marine life. For the more intrepid, a trip to the Dankalia region is a must. Here, in one of the harshest landscapes of the world, the noble Afar tribes eke out an existence.

8 TURKMENISTAN

Part of the old Silk Road that linked China to Europe Turkmenistan is one of the more unusual countries in Asia to explore. Its epic landscapes such as the Kara Kum desert, the archaeological site of Merv – the oldest and best preserved remains of the Silk Road cities – and

the stunning vistas along the shores of the Caspian Sea offer an exciting glimpse into this ancient land.

9 ROMANIA

One of the most captivating – and unexplored – countries in Europe, Romania is rich with hidden charms. Bursting with medieval towns such as Brasov, Sibiu and Sighisoara and stunning castles including Bran, the Gothic fairytale-structure associated with Bram Stoker's Dracula, Romania offers a glimpse into Europe's medieval past. For those up for an adventure, the Apuseni Mountain range, in the western Carpathians, offers a landscape of exquisite beauty with rare species of wildlife and 4,000 caves, many of which can be explored.

10 BHUTAN

Sandwiched between the giants that are China and India, the Kingdom of Bhutan in the Himalayas remains a destination for travellers truly looking to get off the beaten path. Bhutan's high, rugged mountains and deep valleys are bursting with biodiversity, making it one of the world's ecology hotspots. Spectacular National Parks, nomadic tribes free of the constraints of western expectations, breathtaking scenery make this a destination filled with mystery and allure.

Searching for the secrets of Sydney

AUSTRALIA

Louisa Emery's been there and done that – so she's seeking something new

Opera house visit, tick. Bridge climb, tick. Schooner of Victoria Bitter in The Rocks, tick. Sydney done right? Wrong.

As a one-time resident and traveller making a fourth visit to New South Wales' state capital I was more than ready to slip into a familiar routine.

However, having recovered from the news that the fruit bats have been evicted from the city's beautiful botanical gardens (you can find them in Centennial Park) I set about seeking alternative outings.

The city has earned a reputation as a pricey destination but if you are willing to delve deeper you won't have to reach so far into your wallet.

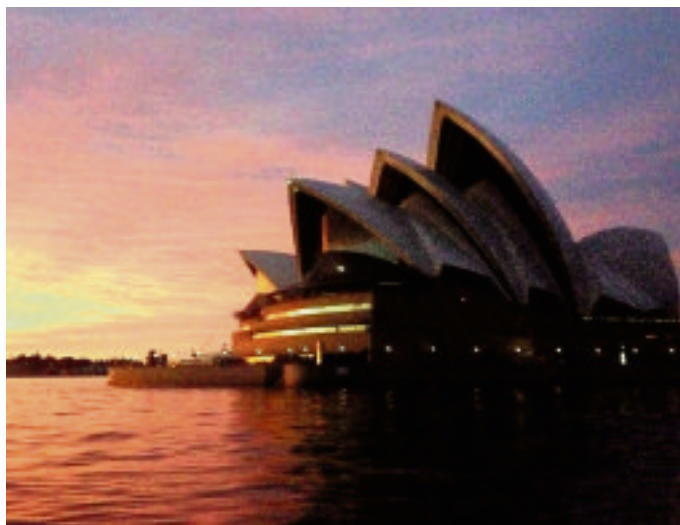
You want to see sharks? You could head to the aquarium in Darling Harbour and walk through its breathtaking transparent tunnels.

But, for a cheaper option, grab a snorkel and head to Shelly beach in Manly where baby Wobbegong sharks can be spotted among the rocks.

The secret cinema concept has finally hit Sydney with in the shape of Underground Cinema, an interactive movie experience complete with recreated film world – sets, actors and additional entertainment. The brand had a few teething troubles with its November Sydney show at Bondi Pavilion – *Lords of Dogtown* – but the potential was there.

But if you want a really special cinema experience then head for a proper stalwart.

Govinda's in Darlinghurst, a Hare Krishna cinema come vegan dining experience invites



visitors to enjoy a meat-free buffet before settling down on futons to enjoy contemporary and art house flicks in its tiny no-fuss cinema.

Beaches are certainly something Sydney does best and if you're already been to Bondi and found it busier than you hoped it would be then head north.

One star on the 40km stretch of Northern beaches is Palm Beach, celebrity hangout and home to soap *Home And Away*.

Once you've checked out Alf Stewart's surf club, turn your attention to the golden

shoreline and stare longingly at the fabulous homes overlooking the coast.

Westfield recently opened up a huge mall on Pitt Street in the city centre and the shopping featuring high street and designer shops but if you're looking for something a bit special then head a little further out to Glebe.

The lively markets are a fine fusion of music, food, coffee, vintage clothing, jewellery and crafts. Even if you don't buy anything, you'll not struggle to while away a few hours browsing the buzzing stalls.

Licensing laws changed in 2008 meaning smaller premises were able to get a liquor licence more easily and resulting in an influx of boutique bars.

The city centre offers a decent crawl's worth of such establishments including Frandma Bar decked out like a Granny's front room, Grasshopper where they serve drinks in jam jars and Baxter Inn which can be found down a back alley. Head to Surry Hills for an equally eclectic selection such as The Standard, which hosts quirky events and boasts a dumpling bar and retro Pocket.

After all that hunting for the other side of Sydney, you'll have earned a drink.

Above, the Opera House in Sydney
Right, Shelly beach in Manly
Below, fruit bats in Centennial Park



FACTFILE

■ **January 5-27: Sydney Festival.** Various locations. Free, sydneyfestival.org.au
Kicking off with a fun run through Hyde Park, this three week event celebrates the art, music and culture.
■ **January 18: Big Day Out.** Sydney Showgrounds, from £106, bigdayout.com
The one day music festival has The Killers, Red Hot

Chilli Peppers and Yeah Yeah Yeahs.
■ **March 2: Mardi Gras.** Oxford Street, free, mardigras.org.au
The gay, lesbian, bisexual and transgender fiesta.
■ **Until March 31: Moonlight Cinema.** Belvedere Amphitheatre, Centennial Park, £11, moonlight.com.au

Settle down to movies at dusk as the fruitbats fly overhead.
■ **February 8-24: Sydney Chinese New Year Festival.** George Street, CBD, free, sydneychinesenewyear.com
Celebrate the year of the snake with a series of exhibitions, tours, markets and demonstrations.

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TRAVEL

CRUISE

Jonathan Grun finds his sea legs and a sense of adventure on a winter cruise on the luxury QM2

On the Statue of Liberty there is a message of hope: "Give me your tired, your poor, your huddled masses yearning to breathe free."

It has inspired generations of travellers as they enter New York Harbour after sailing the mighty Atlantic Ocean in the hope of finding a better life.

These days Cunard liners do not have much in the way of huddled masses, but at the end of an Atlantic voyage passengers still crowd on deck to be greeted by Lady Liberty.

It is a moving experience: the floodlit statue emerges out of the pre-dawn darkness, while the lights of Manhattan twinkle on the water.

It is an amazing end to a voyage that started in Southampton a week earlier.

When we made the journey there was a real sense of occasion as the Queen Mary 2 glided up to Pier 88 in midtown Manhattan. We were following in the wake of the great Cunard liners of the past: the original Queen Mary, Queen Elizabeth and, of course, the QE2.



The journey to New York was totally different to any other cruise.

For a start, it was non-stop. Usually, cruise liners are a means of visiting different destinations for a varied holiday on which you only unpack once. But on a transatlantic cruise the ship is the destination – if it fails to keep you entertained it could be a very long week, with no prospect of getting off.

To raise the bar further, we made the voyage in November. No lolling by the pool – just short days, long nights and the prospect of poor weather.

Rain was pouring down as we joined the QM2 in Southampton, but the boarding was painless and our luggage arrived in our room just minutes after we had.

The deluge was the onset of a storm that was 1,000 miles wide. As QM2 captain Chris Wells declared, it was a deeper depression than the one hanging over the BBC.

FACTFILE

■ Jonathan Grun was a guest of Cunard on the Queen Mary 2, the only ship offering regular transatlantic crossings.

■ Vantage Fares (including transatlantic flight and 80 US dollars per person on-board spending money) begin at £939 pp for seven nights

aboard QM2, sailing from Southampton to New York on April 26 or November 12, 2013.

■ Fares are based on two people sharing a stateroom. Book before February 28 and pay only 10% deposit (usually 15%).

■ Go to cunard.co.uk.

The raging calm of life aboard a winter sea queen



In the following days it would bring widespread flooding to large parts of the UK and we would be going through some of the very rough seas it had churned up.

The QM2 was taking 8m-high seas in her stride. The giant 150,000-ton liner is beautifully stable and makes light of the disturbances.

If you are a good sailor you can enjoy the experience: one moment you feel you are walking on the moon with a sense of weightlessness, the next you feel as if you are doing the London Marathon in a heavy diving suit.

But whatever the weather, life goes on as normal. Outside the sea is raging, while inside men in dinner jackets and women in long dresses are sipping champagne and wondering what to choose from the restaurant menus.

With so many things on offer it is unlikely you will be bored. In fact, despite the fact that clocks go back over the course of five evenings to bring you gently on to New York time, there are still not enough hours in the day to do everything that takes your fancy.

Lectures, recitals, flower arranging,

The Statue of Liberty welcomes passengers to Manhattan



Dining in luxury is just one of the diversions on offer on board

acting classes, dancing lessons, great performers and professionally staged shows, all compete for your attention.

Turn the corner and there are women of a certain age playing cards with ferocious intensity, while up a few decks golfers are using the driving range.

Use the gym, have a massage, take afternoon tea to the sound of a string quartet, perhaps watch a 3D film.

You really can do what you like: you are 1,000 miles from anywhere, your phone is very unlikely to ring and if you want to curl up with a book and a cup of coffee, or learn how to make martinis, or simply look at the sea you can because you are on a holiday with a difference.

There is no need to set the alarm for an early morning excursion ashore: there aren't going to be any. Your time is your own.

Even marching around the deck to gaze at an ocean that most people usually only see from the window of a high-flying jet is fascinating. In the bumpy aftermath of the tempest we really had a sense of its power.

And then, after the waves subsided, there was a glorious day of blue skies, glassy flat water and warm sunshine.

Some people were wearing shorts and sitting in the sun as we headed towards the spot where the Titanic went down in very different conditions a century before.

Passengers with Cunard eat



in restaurants that are linked to their accommodation – the biggest restaurant that serves most passengers is the Britannia Grill, while more luxurious suites allow entry to the Princess and Queens Grills. In addition there is more relaxed buffet catering and a speciality restaurant named after US celebrity chef Todd English.

Wherever you dine the standard is very high. But eating is only part of the fun on board – you can take the opportunity to tour the universe, if you wish.

The QM2 boasts the only planetarium at sea, which puts on stunning shows narrated by Harrison Ford and Clint Eastwood. With limited seating it proves to be a must-see ticket – the shows are indeed breathtakingly beautiful.

And, of course, when you are in the middle of an ocean the real stars can be pretty spectacular if you can find a dark spot.

Cruising the Atlantic is an extraordinary experience: truly a holiday of a lifetime.

On our cruise some passengers were making it a round-trip and gliding back to Southampton the same day after just a few hours ashore, while others were taking the opportunity to enjoy one of the most exciting cities in the world before flying back to the UK.

The voyage there took seven days; the flight home was just seven hours. But although the flight was fast and efficient it certainly lacked the glamour, sense of history and sheer fun of the sea journey.

David Young hits the shops in Boston where tax breaks are no longer linked to tea parties

Port city is steeped in history and at home with genius

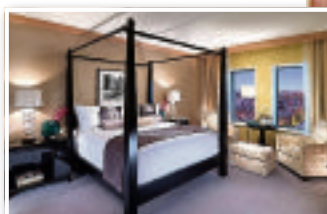
BOSTON

Jet lag can have its perks, and standing on the banks of the Charles River, watching the sunrise over the Boston cityscape as wintry night gave way to crisp early morning made the trans-Atlantic insomnia a little easier to bear.

A band of joggers were already well into their exercise routine around the non-tidal waterway that snakes its way between the north side of the port city and Cambridge, the college town home of Harvard and MIT.

My dawn stroll across the Longfellow Bridge turned out to be the perfect way to soak up one of America's most historic cities, before venturing into its beating heart where there are bargains to be had.

There you won't be subject to the same rates of sales tax applied in shops in many other US states and the proprietors of the designer outlets in the chic Newbury Street



hope this financial incentive is enough to attract shoppers.

Boston is compact and with fewer of New York and Chicago's towering sky scrapers. A leisurely walk from the Charles River into the grand Victorian streets of the Back Bay through into the city centre and on to the harbour on the other side takes less than an hour.

Newbury Street cuts through the Back Bay and its brownstone facades makes it an experience. My hotel was on the nearby Boylston Street – The Mandarin Oriental.

Counting Tom Cruise among its recent clientele, this five-star haven was voted the third best hotel in the US in a recent poll.

Linking the Back Bay and downtown is the picturesque Boston Common. Navigating around the geese that roam the 380-year-old park, it felt a bit like Central Park in miniature.

Just off the Common's north edge is the exclusive Beacon Hill, a beautiful neo-Georgian neighbourhood still illuminated by gas lamps. A wander up its steep streets was hard on the calf muscles, but well worth it, just for the glimpse into the world of Boston's patrician elite.

Former Democratic Presidential candidate John Kerry lives here while New England Patriots star



Boston is more compact than many US cities and there are fewer skyscrapers than New York or Chicago



Above, Beacon Hill Street. Above inset, a suite at The Mandarin Oriental

American football quarterback Tom Brady and his supermodel wife Gisele Bündchen recently put their home on the market for 10.5 million dollars.

If old money is resident in Beacon Hill, the new money is being made across the Charles in Cambridge – home of some of the best minds in world.

Boston boasts a remarkable 57 different colleges and universities and some of the most prestigious now sit in Cambridge.

The new Entrepreneurial Walk of Fame at MIT's Kendall Square is ample proof of that. Bill Gates, Steve Jobs and Thomas Edison are among those immortalised on this boulevard of notable Americans.

As arguably the crucible of the American revolution, modern Boston makes much of its past. The Freedom Trail can be completed in an afternoon.

A new museum to commemorate the Boston Tea Party – when a band of colonists infuriated at another British tax stormed ships in the harbour in 1773 and dumped their cargoes of tea into the water – opened at the site of the famous ambush earlier this year.

In more recent times, the history of Boston is synonymous with that of the Kennedy family. A trip to the city would not be complete without a visit to John F Kennedy's Presidential Library and Museum at Dorchester Bay. The waterfront building houses a vast collection of artefacts from JFK's life before and during the White House years.

Interestingly, the museum is also home to the papers of Ernest Hemingway. His family donated the valuable collection in recognition of JFK's support in an audacious bid to recover it from the late author's home in Cuba using a shrimp boat.

It is another intriguing story from a city brimful of them, and further proof that a short break in Boston has far more to offer than just tax breaks.

FACTFILE

- British Airways offer three nights at the 5-star Mandarin Oriental in Boston from £859 per person, based on two people sharing, for travel between December and March. Includes return British Airways flights in economy from London Heathrow and room only accommodation.
- Or the same package with Club

- World flights (business) costs from £2,919 per person.
- British Airways flies three times a day from London Heathrow to Boston. Visit ba.com/boston or call 0844 493 0758
- For further information on the Mandarin Oriental go to mandarinoriental.com/boston
- Go to BostonUSA.com

57
Colleges
and
universities
in Boston

TRAVEL

Wealth of
adrenalin
attractions

FROM P12

It's an informal and airy warehouse-like bistro establishment where ethically farmed produce is the emphasis. You can buy ingredients to take away while tastings and special events are a regular feature, many of them held at River Cottage HQ at Nearby Park Farm.

Besides the seaside, there's a wealth of attractions to help pass the time. Take a horse-drawn 75-seat narrow-boat cruise on Tiverton's re-born Great Western Canal (01884 253345), a delightful waterway that was built in 1814 for the lime trade. Or take an historic open-top train ride on the Seaton Tramway (tram.co.uk) or go on a shopping spree in the cathedral town of Exeter.

One of the largest family theme parks in the South West, Woodlands (woodlandspark.com), near Totnes, features the UK's biggest indoor venture centre, a 500m toboggan ride, a Marines' Commando Course, a falconry centre and lots more for the kids.



Lyme Regis beach

Just outside Sir Walter Raleigh's seaside hometown of Budleigh Salterton stands the spectacular Bicton Park Botanical Gardens (bictongardens.co.uk), where you'll find a woodland railway, a massive palm house featuring 18,000 small glass pains and a renowned arboretum containing more than 1,000 trees, including 25 which have been designated as champions of their kind in the British Isles.

But then again you might be content with simple country and coastal walks in one of Devon less crowded corners.

FACTFILE

■ Classic Cottages offer everything from a former dairy near Exeter, a one-time Forge close to Lyme Regis, and the appropriately named Well-Beloved, near to Weymouth. Go to classic.co.uk. ■ For further information on East Devon go to visitdevon.co.uk.

The memory
plays tricks
but magic
never fades

CORSICA

Roger St Pierre returns to a Mediterranean island that is a rich melange of cultures

They say you should never return to the places of fondest recall because they will never be the same. Oftentimes, it is simply because the locations have changed over the years but on other occasions it's because they were never in the first place quite what your mind so clearly recalls today.

I was last in the idyllic little Corsican hilltop hamlet of Piedicroce – The Foot of the Cross – during the long, hot summer of 1974, that's 38 years ago.

I've dined out ever since on the story of Piedicroce's war memorial which remembers 18 soldiers with the surname Casanova who were killed in battle – or at a jealous husband's hand.

It's a nice story but on my long overdue return I discovered a flaw. The memorial is still there right enough, just where I remember it, but there's not a single Casanova inscribed on it – so the memorial I've recalled so vividly for all these years must have been in another place at another time.

It's times like these that make you realise that, while planning your own holiday can have its merits, it helps if you can compare notes with an expert and call on their up-to-date on-the-ground knowledge.

That is why I chose a tailor-made package put together by the highly experienced team at Corsican Places (0845 330 2059, corsica.co.uk).

It's a quality destination – part of France but with an independent streak and almost an Italian edge to things.

Though French is the lingua franca, the Corsicans have their own language – but don't ever suggest to them that you think it sounds Italian.

In reality the accent, dialect and vernacular change dramatically from one valley to the next so, ironically, they often have to revert to French in order to understand one another.

A little history: after years of dispute between various Mediterranean powers, the Genoese finally took control of Corsica in 1284.



A world of wonder,

VENICE Rob Virtue flies out of London City straight to

Where else in the world but Venice can you wade around in wellies with murky water tantalisingly close to your knees and yet still feel you're in a historic and magical town?

It's not unusual for the Italian island to suffer floods in autumn and, until a new dam is completed, it's likely to stay that way. But just a couple of months ago the tide levels reached new highs with photos of locals bathing in Piazza San Marco after the sixth worst flooding in 150 years of records, with almost 70 per cent of the island under water.

This is extreme weather – a rarity. More likely, the traveller will be transported into a scene from James Bond's *Casino Royale*, where the star and Vesper Lynd skip through beautifully sunlit back streets in a land time forgot, before the latter meets her maker.

Incidentally, the drink Vesper, named after the character, is sold in some of the many luxury bars on the island. One to try or avoid, depending on whether you're attracted to the potent mix of gin, vodka and French aperitif wine Kina Lillet and served by a barman who can barely suppress a smile at yet another Englishman trying to be James Bond. It will certainly add some zing to your evening.



For those that haven't visited, the town built on water is unique. It is devoid of cars and pretty much any grass, apart from that contained in the odd private courtyard.

The area is 118 small islands separated by canals. Cute bridges link them and they are the spots you stop and marvel at the enchanted views, imagining a alternative life where you look out of your window on to the water as a singing gondolier floats by. Little wonder the most famous is the Bridge of Sighs.

We stayed at the Westin Europa and Regina Hotel in San Marco. From Venice Airport, which is serviced direct from London City, board



The view from the Westin Europa, pictured right



Corsica is French, has an Italian edge but speaks its own language and draws cuisine influences from even further afield

an excellent Bonaparte Museum in Ajaccio.)

After many decades of unrest and occasional violence, France's national assembly finally approved a statute in 1990 recognising the Corsican people's right to maintain an identity of their own, with special cultural, economic and social rights but remaining within the French Republic.

That identity manifests itself in many ways. Take the cuisine for example: French, Italian, Greek, Spanish, Phoenician and Moroccan influences create a mouth-watering melange.

Most famous are the many varieties of farmhouse cheeses and charcuterie while the signature dish is civet de sanglier au châtaignes (cignale cù e castagne in Corsican) an unctuous stew of wild boar and chestnuts.

Corsican wines, especially the rosé offerings, have a growing reputation.

I resisted the lure of the sunbeds and spent my days exploring.

To the south lay the popular resort of Calvi and, a lot further down the coast, the stunningly beautiful jagged red rocks of Les Calanches and the breathtaking Bay of Porto – surely one of the most romantic places in the world to watch the sun go down.

Inland was the dramatic Parc Naturel Régional de Corse, with its tumbling streams and deep gorges and the steep cobbled backstreets of ancient Corte, the headquarters town of the famed – or should that be infamous? – French Foreign Legion.

Beyond my reach this time was the capital city of Ajaccio and, with views across to neighbouring Sardinia, super-photogenic Bonifacio, with its houses built precipitously into the side of the near sheer cliffs.

Centuries later, Pascal Paoli, the island's great hero, launched an uprising, which did not end until 1769, a year after the Genoese had sold the island to France who put the ruthless Comte Marbeuf and General Morando in charge.

Eventually Paoli secured help from the English, who ruled Corsica from 1794 to 1796 when the newly-born French Republic regained power. As for Paoli, he died in exile in England.

Meanwhile, that upstart Napoleon Bonaparte had ruled the roost – a Corsican who had forsaken his roots, adapted his surname and become the most French of all Frenchmen. (There's

water and wading

one of the most beautiful and enigmatic islands



Above, the Rialto Bridge

a riverbus. Or, if you're feeling flush (it will cost in excess of £100) get in a water taxi and zip through the waves, pulling up right at the entrance.

The hotel is stunning with exceptional views and a pristine bar. The breakfasts are wonderful but if it's rainy season prepare to be theatrically moved by the attentive staff once or twice as the flood waters rise.

For walks, head to the Piazza San Marco and take in the majestic St Mark's Basilica. Wander

FACTFILE

■ **Where we ate:** Antinoo Lounge at the Centurion Palace Hotel. Jump in a boat and head to this beautiful, white and minimalist restaurant. Try the melt in your mouth chocolate pudding. Terrazza Danieli: Traditional restaurant within the luxury Danieli Hotel. Attention to detail from the plates to the exquisite service. Take a seat up in the terrace during warm months.

■ **How we got there:** British Airways launched flights to Venice from London City Airport in September last year. They fly five times a week on the new Embraer E190SR. Flights from £65 each way.

around the expensive shops and find a quiet bar for a glass of wine.

For the perfect souvenir head to the Ca' Del Sol mask workshop where the flamboyant owner will take you through a limitless selection of handmade goods.

Generally there really isn't much to do but walk through history and be amazed. The perfect lazy holiday in an unrivalled environment.

Lucia Blash picks out 10 luxury hotspots that are the places to be seen in 2013

1 Hvar, Croatia

This is most definitely the place to be seen. An intoxicating blend of old meets new, Hvar has everything from heavenly beaches, breathtaking scenery, cultural attractions, cosmopolitan nightlife and unique gastronomy. Mingle with the beautiful people in Hvar Town, drink in the ancient wonder of Stari Grad, lay out on deserted beaches under pine trees in Zavalaa... the list of unforgettable experiences is endless.

2 Marrakech, Morocco

Marrakech has long been a haunt of the rich and famous. Steeped in history and mystery, the red city is a place in which to lose oneself in mystique and marvel. Step back in time at Djemaa el Fna, the city's main square, that comes alive with snake charmers, street entertainers and food sellers, stroll through the myriad souks in search of a bargain, drink in the beauty of Yves Saint Laurent's celebrated Jardin Majorelle or simply sit back and sup on tantalising cocktails in the bar of La Mamounia Hotel, a favourite of Winston Churchill.

3 Costa Rica

Whether you're penchant is for pampering and exclusive



10 beautiful spots for travel elite

partying or back to nature wild, Costa Rica has it all. The Pacific coast of Costa Rica is a haven for the beautiful people with elaborate hotels, restaurants and boutiques while the Caribbean side, the untamed coast, offers a "cooler" alternative with its laidback and chilled vibe. Once only the reserve of hardcore surfers, Puerto Viejo, a small village on the Caribbean coast, with its family owned restaurants and boutique hotels is fast becoming one of the hippest destinations to head to.

4 Cabo San Lucas, Mexico

Whether you're a sports enthusiast, sun worshipper, shopper or foodie, Cabo San Lucas has something to offer. With dramatic landscapes, turquoise coves, and pale sand beaches, this former fishing village has become a favourite with Hollywood A-listers. It boasts a mix of gastronomic eateries, boutique shopping and uber chic nightlife coupled with a barefoot beach vibe. It really is a place to be if you're a face. **Continued on next page**

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TRAVEL

From Page 17

5 Iceland A spectacular landscape of volcanic deserts, glaciers, waterfalls, rivers, lakes sees Iceland a hit with the discerning traveller. The land of fire and ice has much to offer from geothermal hot spring spas and whale watching to spectacular diving, mountain biking and trekking sites and the hip café culture of Reykjavik. If you like the idea of hearing the sound of icebergs cracking or catching a glimpse of nature's very own firework display, the aurora borealis, then this ultra cool destination has to be seen to be believed.

6 Buenos Aires, Argentina Rich in heritage and elaborate in its manner, Buenos Aires is not for the fainthearted but for the flamboyant traveller. A series of districts each with its own flavour, shade and colour, this vibrant city is a cosmopolitan cornucopia of culture. Hang out in La Boca where rainbow coloured tin houses are like miniature works of arts, head to San Telmo home to spectacular colonial architecture and to one of the best flea markets in the world. And breathe in the sensuality of the tango which is practised anywhere from street corners to smoke-filled dance halls.

7 Seoul, South Korea With the explosion of global sensation Psy and his Gangnam Style there's really only one destination to head to this year: Seoul. For



Above, downtown Reykjavik. Right, Farmer collecting resin of frankincense in Oman. Below, Plaza de la Republica in Buenos Aires



the past few years trendsetters have seen the draw of the South Korean capital with its glamorous cafes and restaurants, chic art galleries and monumental fashion palaces. It offers an intoxicating blend of ancient traditions and cutting-edge technology, home to extraordinary nightlife and one of the leading trend-setting youth cultures in the world.

8 Barbados Don't be put off by the arrival of attention seeking Z-listers



onto this Caribbean island. This is still one of the hippest destinations, especially during our winter months. A coral island fringed with fine white sand beaches and glorious reefs, Barbados delivers escapism in buckets. Chic beachfront restaurants serving delectable cuisine, laid-back bars pulsating with the sounds of live music and some of the finest hotels and private rentals in the world continue to keep this Caribbean getaway a destination for the kids of cool.

GETTY



The financial district of Shanghai

9 Shanghai, China Move over New York, so long Tokyo, ask anyone in the know and they will tell you Shanghai is where it's at. Situated on the estuary of Yangtze River this international metropolis is filled with glamour and glitz. A blend of old and new, east and west where modern skyscrapers sit happily alongside old Shikumen, Shanghai is a feast for the senses. From teahouses, canal towns and temples to high-end boutiques and electrifying nightlife this vibrant city is the destination of the moment.

10 Oman With its vast expanses of desert and huge dunes, hundreds of miles of uninhabited coastline and staggering mountain ranges, Oman is becoming a hit with trendsetting travellers wishing to get the been-there-seen-that badge before it becomes too established. Turtle reserves, desert night camps and ancient forts are just some of the natural wonders. Oman may not have glitz but it certainly has grace – that's why the hip know it's happening.

WIN a mini break at the five-star Grand Jersey Hotel & Spa, worth £1,000



Thinking about taking a short break? Why not visit the beautiful Channel Island of Jersey.

With unspoiled landscape and a special blend of British and French influences, Jersey really is a place where you can get away from it all. Relax and enjoy the famed hospitality of its people, and lose yourself in the island's winding lanes or on its breath-taking coast.

We're giving one lucky reader the chance to win a two-night luxury break at Jersey's five-star and Michelin starred hotel, Grand Jersey. You, plus a guest, can enjoy two nights in a Sea Facing Suite, full English breakfast each morning, use of the award winning Spa facilities, and dinner in Michelin-starred Tassili on one

night (excludes Saturday nights and wine dinners). Return flights from London City will be provided by airline Blue Islands.

Grand Jersey is the Island's stylish, sophisticated hotel and Spa, presenting guests with an exceptional experience. It offers the ultimate in comfort and glamour, through Tassili, the sumptuous Victoria's brasserie, the exclusive, atmospheric Champagne Lounge and the luxurious, award winning spa.

Whether you're visiting Jersey for a short break or summer holiday you are assured of a wonderful stay.

Grand Jersey is committed to the highest standards of service and excellence, which is why the hotel has one of the highest ratings in the Channel Islands.



Reader offer: Luxury weekend break in Jersey

Escape the City and enjoy two night's accommodation on the idyllic island of Jersey with its windswept beaches, gourmet restaurants and quirky VAT free shopping.

The Wharf Gourmet Weekend offer includes transfers to and from Jersey airport or harbour, glass of Champagne and Grand Jersey afternoon tea on arrival, complimentary upgrade for two to a Deluxe Sea View room, full English breakfast each morning and a la carte dinner on one night in Tassili, the hotel's

Michelin starred restaurant and tasting menu on the next, complimentary use of the award winning spa facilities.

Plus for Wharf readers a £30 ESPA voucher to be spent on online products at espaonline.co.uk From £299.00 per person

Blue Islands is the only airline which flies direct from London City in Jersey, with flights available twice daily, six days a week. All passengers enjoy complimentary breakfast, champagne bar service and executive

lounge access in Jersey. The airline's transparent pricing policy means there are no hidden charges – no debit or credit card charges, no baggage or even excess baggage charges and free ticket changes, it's the smart way to get to Jersey from London.

Go to blueislands.com

Terms and conditions: Subject to availability. £25 deposit per person. Cancellation Policy: Seven Days before arrival. Valid until April 30 2013. Excludes February 14-16, 2013.

How to enter



To enter our competition just answer the following question

What is the name of the Grand Jersey Hotel's Michelin-starred restaurant?

To enter, go to wharf.co.uk, click on the competitions link and follow the instructions. You will need to quote the reference **GJH01**.

Competition terms and conditions: The prize includes two nights' accommodation at Grand Jersey and return flights for two people from London City. Flights must be booked a minimum of 31 days in advance. Flights and hotel booking is subject to availability. The prize must be used between January 20, 2013 – March 28, 2013 (excluding 14-16 February). Closing date: January 11, 2013



the Wharf

e of fast food chic rekindled



Mix and match pots make up part of Leon's new dinner menu

It's impossible in the Wharf's branch to escape the fact you are dining in a shopping mall.

Leon's windowless outlet is tucked away at the end of Cabot Place West's lower level, past River Island and

W So what's new for dinner?

Gone are the cardboard box dishes beloved of those hunting health and flavour. Instead burgers and mix and match mezze pots have become the dinner staples at Leon.

below Zara, but the company's characteristic decor and warm colour palette places it further inside the family restaurant bracket than traditional takeaway joints.

And although there's a constant stream of shoppers, there's enough of interest to make them peripheral.

And finally, a minor gripe. Pret, Starbucks and McDonalds all include calorie and fat figures on their menus and although Leon will tell you whether foods are gluten free or vegetarian, other data is noticeably missing. Perhaps the chain should think about adding them in.

Leon, Promenade Level, Cabot Place West, Canary Wharf, London, E14 4QS, 020 7719 6200, leonrestaurants.co.uk.

Louisa Emery

Our verdict

A mixture, like its new mezze pots
★★★★☆



Since its reboot, Henry's managers have sought to focus on the food over flogging Sambuca to traders

Dine intimately by the dock

WHARF REVIEW

Henry's Cafe Bar

West India Quay

In the days of yore this venue had a bit of a reputation. As shiny and well decorated an establishment as Bar38 was, it always had something of Blackpool about it.

A venue for traders and PAs guzzling Champagne and downing Sambuca at the bar, whether the sun was blazing in summer months or the wind blowing a chill during the rest of the year.

It underwent a revamp at the end of the last year, becoming Henry's Cafe Bar, a sister to the Covent Garden venue of the same name. New management shifted the focus to food. Where previously bites were ropey, it started offering hearty fare.

And last month it ramped up its menu and now boasts that around

90 per cent of its food is made from scratch on-site (the burger buns are still shipped in).

While still a step or two down from some of the Wharf's finer establishments, Henry's offers the perfect vibe for lunch while catching up with friends and colleagues.

The quality of the food holds its own too. I started with arancini, an Italian dish consisting of deep fried rice balls, on spicy beetroot chutney. Both crab and vegetarian versions were equally tasty.

As for the mains, Henry's has a vast range of dishes from around the world including four types of burger ranging from standard prime beef to an Indian minted lamb offering.

The stand out was the succulent pulled pork burger, served with beef tomato, coleslaw and a barbecue sauce dip.

A signature dish at Henry's, the

salmon with Parma ham, proved an intriguing mix that really worked. The salmon fillet came wrapped in the ham and placed beside pesto flavoured croquette potatoes – excellent.

The food is just part of the offering, though with the layout lending itself to an intimate dining experience despite the presence of the bar in the same room.

Diners retreat to alcoves where the best is made of the historic 19th century structure, with an oak-beamed ceiling and exposed brick walls adding to the experience.

Henry's Cafe Bar, West India Quay, 26 Hertsmere Rd, London E14 4EF, 020 7515 8361, henryscafebar.co.uk.

Rob Virtue

Our verdict

A good place to catch up

★★★★☆

Riverside staple is still worth heading up the Thames for

SOUTH BANK REVIEW

The Oxo Tower Restaurant

Barge House Street

If you're looking for a swish eatery with which to impress your loved ones or clients, The Oxo Tower Restaurant ticks all the boxes.

Iconic London landmark, check. Panoramic views of the capital, check. Attentive staff, check. Mouth-watering menu, double-check.

After being whisked to my table in the middle of a bustling lunch service, I was presented with a tasty aperitif, followed by some sourdough bread while I made my choice from the extensive lunch menu.

A starter of grilled queen scallops, with gruyere and Pernod was pretty generous in size and tasted divine.

The tenderness of the shellfish shone through the strength of the cheese and the alcohol, delivering a wholly satisfying entree.

An equally impressive amuse bouche of vegetable soup, presented in a shot glass and topped with caviar followed before my main of salmon en croute with creamed leeks, buttered kale and red wine sauce.

This came with Parmesan parsnips and raised the culinary bar even higher. Another plentiful plate, the pastry parcel packed with fresh, flavoursome salmon was delicious and the accompanying parsnips

added a taste of sweetness. Sadly office pressure meant we had to leave before dessert.

But my first experience at The Oxo Tower was impressive enough to make it a New Year's resolution to return. The lunch menu costs £55 for three courses.

Oxo Tower Restaurant, Eighth Floor, Oxo Tower Wharf, Barge House Street, London SE1 9PH, 020 7803 3888, harveynichols.com/oxo-tower-london.

Beth Allcock

Our verdict

Flavours make returning a must
★★★★★

Fashion

beading

★ The eye-catching glimmer and shine of a beaded top, sizzling with sequins, was used by Oscar De la Renta and his designs for this season.

Why not introduce a subtle hint of glitz into your workwear wardrobe with these smart but equally glamorous garments? They're sure to turn heads in and out of the office.

Beaded collar blouse, £125
karen millen.com

Sequin sleeve jacket, £85
monsoon.co.uk

Beaded Sheba dress, £249
monsoon.co.uk

ANNE HATHAWAY

CELEB SPOT

leather

★ Hide has been on-trend for the past couple of seasons and that's set to continue.

Derek Lam has embraced bold colour intertwined with his leather skirt, dress and halter top creations in this spring's fashion shows.

If you don't feel daring enough to wear leather clothing to work, why not smarten up your style with a swish bag or belt instead?

Annie leather bag, £229
hobbs.co.uk



Leather trousers, £110
next.co.uk

The faux leather skirt, £25
next.co.uk



NICOLE SCHERZINGER

CELEB SPOT

COPYCAT

We send **Beth Allcock** to find Vanessa's sultry gothic tones from high street stores

Shoe Boots, £95
laredoute.co.uk



Black chiffon and sequin detail bodycon dress £55
vestryonline.com



Arveta leather trim blazer, £25
missguided.co.uk



Floral tights, £9.50
marksandspencer.com



TRENDSETTER

2013 is all about the emphasis. **Beth Allcock** looks at bringing them into the office

CELEB SPOT



TAYLOR SWIFT



Black striped bodycon tube dress, £40
riverisland.com



Albertina dress, £189
hobbs.co.uk



Feminine colour block bodycon knit dress, £110
karenmillen.com

★ The classic monochrome combination, tried and tested by Chanel and brought back to the spring 2013 catwalks by designers including Marc Jacobs and Alexander Wang. This trend is easy-to-wear and

versatile, with just a statement item to add exaggeration or an entire garment to ensure a full-blown style declaration. Either way, it's a look you can take from your desk to after-work drinks.

black & white

Heal shoe, £85
dune.co.uk



VANESSA HUGGENS



GETTY

Comment

After a few false starts, this is the year of the new me

This is going to be *the* year. The one in which I go from playing the safe option to mastering the rules the brave and the bold.

I say this every year and limp to the end of each one wondering why I'm still in exactly the same place despite clocking in another birthday and looking behind the sofa for all those resolutions I must have misplaced not long after the year began.

But this year – *this year* – things are going to be different. For starters we're all still here despite what those old

Mayan fatalists predicted, which has to be a positive beginning. More than that, it's like a new dawn, a new chapter so I want to shake off the old me and adopt a far more emboldened version.

I'm hoping by being less like my old self and more like my new one my life will flip from frantic to serene, from Trojan to regal.

Take the opposite path to the one I would normally travel. Choose life.

In the workplace, I'll swagger. I'll strut. If an opportunity arises, I'll grab it, if it doesn't, I'll create one. My daily mantras

WORKING MUM



TABITHA RONSON

will be: I believe in my abilities, and I deserve greatness.

I will not let others (in particular Young Colleague) invade my psyche or give them the power to affect my wellbeing.

I will not worry what others think of me or try to be friends with everyone on the planet. It's OK not to get on with some people.

As a mum, I'll accept that some days some of those rows and rows of spinning plates may fall to the floor. As long as the majority of them keep spinning and

no harm's done then I can pat myself on the back.

In 2013, with the arrival of new me, I'm allowed to do that. I will try to loosen up, recognise and embrace the fact I am the mummy of an exuberant, loud, boisterous, accident-prone, little boy.

Master A isn't Peter Perfect – I wouldn't really want him to be. I will enjoy him more instead of fretting over him.

And, above all, I'll try to remember to live for today, not for tomorrow.

Working Mum, ready to have the time of her life with Master A in 2013. Bring it on!

POLITICAL NOTES & VIEWS

By John Biggs

Tough choices and their very real impact

Let me start by hoping you all enjoyed a restful break and, if at all possible, the comfort of a good family gathering.

I thought I would turn my attention to something seasonal.

This year, as my own years perilously advance (although of course I remain a kid at heart!), the care of elderly relatives is becoming an ever growing issue.

It is particularly an issue at family times like Christmas. Things we take for granted as we rush around need careful organisation for those that can't do it themselves.

I am reminded that there is nothing like direct experience to help politicians understand

the challenges faced by others.

It leads me to hope that politicians, and our community, get to grips with the

challenge faced by those who need care in their old age.

Care in your own home should be the preference with the right safety nets to make this happen and to intervene when this becomes necessary.

But your local council is currently responsible for most of these services. The cost of care is rising and funds are being cut.

At this time of year we should remind ourselves that those cuts in services, caused by our economic difficulties and the decisions of government, have a very real human impact.

And it is often most severely felt by those less able to help themselves.

London Assembly Member, City & East



LIFESTYLE

Getting down to bare bones

There is a chance that in 2013 the Large Hadron Collider will get to the bottom of things, find the indivisible unit of existence.

If you don't want to know what it is, look away now. It's the calorie. That's the fundamental building block. It's everywhere, in everything. You can't escape the calorie.

It still part of the deal if you eat standing up, or in the dark before bedtime, or straight from the fridge as a distraction while you're chopping healthy legumes.

Physicists say that it is the Higgs Boson that gives objects mass. Yes, but not with the cruel efficacy of the calorie. The Higgs doesn't haunt your Viennetta like the calorie.

The unforgiving, unyielding calorie, like a mirror on the human soul. Look at yourself! Making you feel sinful and weak and mortal and briefly alive before you're cruelly smited.

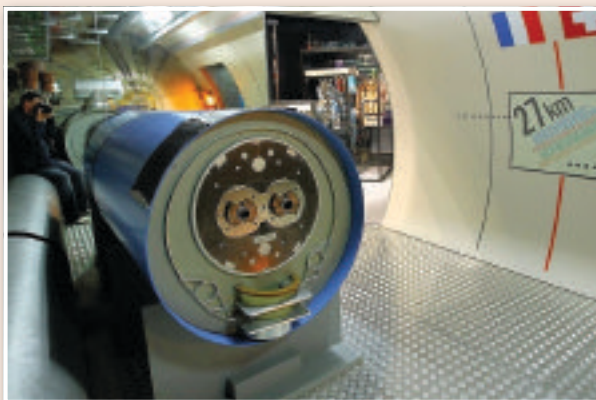
Forget the Higgs Boson, the calorie is the God particle.

BBC

A life's work down the drain

Here is some simple maths. Don't ask me to show my workings. This is not about a decimal points but political ones.

Think of 100 people, friends for life, at a push. Tall order but go with



The Large Hadron Collider keeps searching for the ultimate truth

SPIRAL NOTEBOOK

By Giles Broadbent

it. British, preferably, or living here at least and robust of health and fans of *QI* and *Top Gear*. Imagine you and your 100 pals dutifully pay your licence fee all your lives from uni halls in springtime to shambling bungalow of the autumn years.

Between you and your crew you've just funded ex BBC boss George Entwistle's five-star gap year (though not his other ancillary benefits – that's the purview of some other goggle box chumps).

You laboured hard for that dosh. Entwistle not so much. Cheers anyway though.

Mayor Boris Johnson says he understands the beneficial reassurance of physical things – like police station counters – in an age when everything's going virtual.

To a point. I could quite happily see municipal tennis courts ripped up as part of a move to make the entire sport digital. In that way, my supremacy with the Wii wand would erase all my various humiliations in the real world.

More maths. Joseph Stalin said one death was a tragedy, a million a statistic.

Twenty children died in the dreadful Newtown massacre last year. Never again, we cried.

Same number of children die of preventable diseases in Africa every 90 seconds. About 400,000 since the Connecticut atrocity by my reckoning. Again and again.

Listmania Top 5 New Year's Resolutions

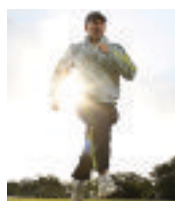
Are these one of yours? Want to hold a sweepstake, see how long you last? Dibs January 28.

1



Stop smoking • No. 1 again so you suckers must keep failing

2



Get in shape • Linked to (3) obviously and probably heart disease

3



Lose weight • How much do want it? (Not the pasta salad, chubs)

4



Enjoy life more • Cop-out – no hardship and meaningless

5



Quit drinking • No great surprise on National Hangover Day

Tomorrow

... Apple will make stuff

Apple in 2013

The technology company is remarkably watertight when it comes to its developments but we can idly speculate.

In 2013, expect an interim update on the iPhone (probably the 5S) with better speed and camera and an improvement to the atrocious battery life.

Sir "Jony" Ive takes over on all design work, including software after the maps debacle, so expect minimalism on iOS and OS X.

An iPad 5 would take a cue from the Mini – thinner and more lightweight.

Today

App Of The Week



Meccano FX

Add Meccano models the size of skyscrapers to your own homemade videos using this latest app from the iconic construction toy. Using Augmented reality technology, you can transform your clips into spectacular scenes, making this a well worthy play.

Free on iTunes

Yesterday

By Wharfinger

Regent's Park skating tragedy

As was typical of the time, on January 15, 1867, hundreds of pleasure seekers donned their skates and took to the Regent's Park lake to take advantage of the ice.

The ice closest to the banks began to weaken and crack and 200 people plunged into the frozen waters. Some scrambled to safety, some were trapped under the ice. Despite the efforts of rescuers 40 people, including many children, died. It took a week to recover the bodies.



What's On

EXHIBITION

Matter 211212

Harbour Exchange



Photographers and artists have teamed up for an exhibition in the Docklands.

The group of 10 London-based creatives will be showcasing work depicting scenes of the world in which they live, coupled with the relentless grind of crisis, as part of a display by The Departure Foundation.

Due to its location in South Quay, the artwork also draws on the influences of water, with thick paint rushing over the canvases, while the colour pigment is pushed and pulled to reflect a turning tide.

The exhibition was timed to begin on December 21m from which it derived its title, and will run until January 27.

■ **Matter 211212**, 15-18 Harbour Exchange, 10am until 4pm. Go to departurefoundation.com.



Only online

ROBERT DAY



Review of Jack and the Beanstalk at Theatre Royal Stratford East plus a full pantomime round-up
Exclusively at wharf.co.uk

Last encore sounds for debut by pioneering company

Successful West End entry gives Sell A Door plenty of festive cheer, writes **Beth Allcock**

A multitude of much-loved characters created by Dr Seuss are making their last handful of appearances in the West End marking the culmination of a successful new venture by a Greenwich-based group.

Horton the Elephant, Sour Kangaroo, The Cat in the Hat and many more all have had their chance to shine in the family friendly show, *Seussical*, that is bursting with colour at the Arts Theatre.

Produced by the Sell A Door Theatre Company in Greenwich High Road, with the support of Greenwich Theatre, the show based on the books of Dr Seuss begins when Horton discovers an entire world floating on a speck of dust, and its concept is a first for the team and the London theatre scene.

Artistic director David Hutchinson said the group's debut venture onto the West End stage was driven by other successful children's productions.

"*War Horse*, *Charlie And The Chocolate Factory* and *Matilda* – those shows all have young people as their target audience and have done so well," he said.

"They apply to young people but not just young people because we have all got a little bit of a child in us.

"*Seussical* is a family show as much as a children's show. Adults have been coming out crying and laughing – and that's the sort of show we wanted to bring to a bigger audience."

Actor David Hunter, who plays Horton, said the fast-paced plot centred on a message that appealed to all.

"It's a great little show," said the 27-year-old, a runner-up in this year's ITV *Superstar* competition.

"It has run on Broadway for a few

FACTFILE

The Sell A Door Theatre Company

■ Set up by Artistic Director David Hutchinson and Managing Director Phillip Rowntree.

■ The company has 10 associates who deal with things from new writing, production and marketing.

■ It has worked with both Greenwich Theatre and the former Greenwich Playhouse since 2009.

■ Made Greenwich its official home with a base in Greenwich High Road this autumn.

■ Will be collaborating again with Greenwich Theatre in February, with a production of *Journey's End*, and in April, for *Ghosts*.

years but this is the first time it has been shown in the West End, which is very exciting.

"It's a fast-paced, energetic, lovely show with a good heart and good message.

"Horton, my character, finds an invisible world on a dust speck and keeps it safe and tries to protect it from people.

"There are a lot of larger than life characters in the show but he's just one of the guys trying to do the best he can.

"Dr Seuss was a political cartoonist before he became a children's author and that's the great thing about *Seussical* the musical too: it's fun with the elephant and monkey but it's making genuine points and got a story to tell, that's what's exciting."



Left, Superstar runner-up David Hunter with the Cat in the Hat and, above, the entire cast





Emerging from the world of a television talent show, David said his role in *Seussical* was important in portraying how he wanted to be viewed as an actor – with a passion for roles that have not previously been seen on the West End.

He said the collaboration with Sell A Door, founded by his fellow graduates from the Liverpool Institute of Performing Arts (LIPA), presented an exciting opportunity.

He said: "It is a young company doing it just the right way. The biggest thing is the quality of its productions and every time you see one of them, the quality is just really high."

"*Seussical* could have been a really easy show to make fluffy, but that's not the way they saw it."

James Haddrell, artistic director at Greenwich Theatre, said: "The work we do in supporting young or emerging companies in realising their ambitions has become incredibly important."

"Sell A Door has built an enviable reputation for high quality theatre in the last few years, so to be able to support their West End debut has been hugely rewarding for us."

■ *Seussical at the Arts Theatre, Great Newport Street, until January 6. Tickets priced at £17.50. Call 020 7836 8463 or go to artstheatrewestend.co.uk.*

SCREEN



Quartet

(12) 95mins

★★★☆☆

Directed by Dustin Hoffman and boasting the cream of Britain's silver haired talent, *Quartet* is a gentle amble through the autumn years with music and waspish gossip at its heart.

For Reginald (Tom Courtenay), Wilfred (Billy Connolly) and Cecily (Pauline Collins) rumours of a star arriving is par for the course at Beecham House.

When the new arrival turns out to be their former singing partner, the ego-driven Jean Horton (Maggie Smith) the famous quartet have to decide if they are able to patch up their differences in time for Beecham House's gala concert?

For Reg in particular, the arrival of his ex-wife is a bitter pill to swallow.

Win a Quartet goodie bag Page 25



Playing For Keeps

(12A) 105mins

★★☆☆☆

Gerald Butler – who has form in dismal romcoms – stars with Jessica Biel and Catherine Zeta Jones in this witty and dispiriting tale of a former football player who returns home to put his life back together.

He gets recruited by the local team and pursued by the "soccer moms" as he tries to rebuild his relationships.



The Impossible

(12A) 107mins

★★★☆☆

This is an astonishing true life tale of one family caught up in the 2004 Boxing Day tsunami.

Maria, Henry and their three sons are looking forward to a few days in tropical paradise in Thailand. But as the family relaxes around the pool, a terrifying roar rises up from the centre of the earth. As Maria freezes in fear, a huge wall of black water races across the hotel grounds toward her.

INTERVIEW

Concert will put a Kat among the nightingales



Katherine Jenkins with Il Divo, including Urs Bühler, second from right

Beth Allcock talks to Il Divo's Urs Bühler about 2013's big concert

As one-quarter of suave operatic group Il Divo, Urs Bühler is no stranger to attention from the band's ever-increasing female fan-base.

Along with Sébastien Izambard, Carlos Marin and David Miller, the four vocalists have taken the world of classical music by storm since the release of the self-titled first offering in 2005.

Since then, Il Divo, which translates as "the star", have enjoyed an equally sparkling career enchanting audiences across the globe with numerous tours to accompany eight studio albums, not to mention attracting heart-throb status.

But this year, fans of the stylish quartet will be sharing The O2 arena with admirers of one of the band's fellow classical artists.

In an operatic first, the North Greenwich venue will host a joint headline concert between Il Divo and Welsh mezzo-soprano Katherine Jenkins, as part of the duo's 2013 arena tour.

And although both have been familiar faces on the music circuit for the past eight years, Urs said the event would mark their first collaboration.

"We are very much looking forward to it and we respect Katherine Jenkins," he said.

"We said to each other, we have known each other for many, many years we have never done anything together."

"It's the first time we actually will perform together and it is long overdue."

"We are getting mixed messages from our fans though. A lot of people absolutely love the idea but a lot of our female fans would rather have us to themselves, and

19, tenor Urs said it was likely the group would open and close the show, while Katherine will wow the crowds with her solo work in the middle section.

"We will be duetting with her, but I don't know how many songs exactly," he said.

"There has been quite similar repertoire that she sings and that we sing and we will take that as a starting point."

"It's going to be exciting tackling some completely new repertoire as well."

And for Il Divo, it is a repertoire that is continually expanding, most recently with the release of the band's Greatest Hits album in November.

While he admitted a personal preference for the track *Adagio*, from *The Promise* album released in 2008, Urs said it was becoming "more and more difficult" to select songs for a tour track-list.

"You just have to narrow it down, and take the most popular songs you would like to play," he added.

"Those like *Unbreak My Heart* and *Unchained Melody* are always going to be there because they are the favourites of our audience."

■ Il Divo and Katherine Jenkins at The O2, April 19, 6.30pm. Tickets from £35. Go to theo2.co.uk.

W What's the reaction to the joint tour?

"A lot of people absolutely love the idea but a lot of our female fans would rather have us to ourselves."

not see a beautiful singer playing on stage with us.

"From a musical point of view, it is going to be very interesting having a woman with us on-stage."

"Obviously, it's going to add to the range of vocal colour we can produce and it's going to be very interesting."

Offering a glimpse into the format of the show, which makes its last stop off at the O2 on April

Images



1

Paper angels, representing those killed in the December 14 shootings at Sandy Hook Elementary School, at a memorial in the town.

REUTERS
Adrees Latif
UNITED STATES

2

Shoppers beg sales assistants for perfume products Selfridges during the New Year sales.

REUTERS
Olivia Harris
BRITAIN

3

Kai Kubierske, from Bonn, emerges from an ice-filled pond at the Gulf of Finland.

REUTERS
Jussi Nukari
FINLAND



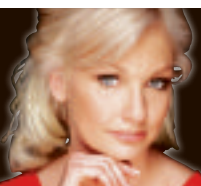
Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

If you stop and look back over the last year you'll have to agree it's been quite a journey Aquarius. You enter 2013 with some sort of closure though.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Don't put your hands up and surrender, but fight Pisces. Why? Because the conflict right now is about you keeping sight of who you are in life.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

This is one year where you'll be in the mood for fun. It seems you've finally found closure over something which last month was out of control.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Don't force friends into doing what they don't want. Try to find like minded people. It will mean 2013 will be for sorting what's important.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

You should use this year to relax in the way you see fit. You're important Gemini. Putting a distance between you and "someone" is a great way to start 2013.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Travel should prove exciting as you see that even the most frustrating of arrangements can prove fun. Someone you didn't think would call may do.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

Your life has been so busy lately that you've needed to take some time off to relax. By not putting yourself first you haven't put your close ones first.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

A situation which was becoming a thorn in your side is actually beginning to feel more manageable. You're nearing the end of a very stressful time.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Resist making promises for next month. Why tie yourself down? Opportunities the stars are about to put to you will make you glad to be an open person.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

I know you want to make changes to your life but to rush them will only make you feel insecure and nervous. What's required is confidence, so slow down.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

You know you've been far too hard on yourself lately Sagittarius. Cut yourself some slack and give yourself the social time you need. It could lead to joy.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Stop worrying about the problems in your life and start accepting the help that is on offer. A friend in need could be draining you more than is really fair.

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Dinner and a Movie

PLUS...



★ Fancy winning dinner and a movie for you and a friend? And then go gardening with a Quartet-themed goodie bag?

We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two pizzas, two bottles of Peroni (or a bottle of wine) and a pair of tickets to the cinema.

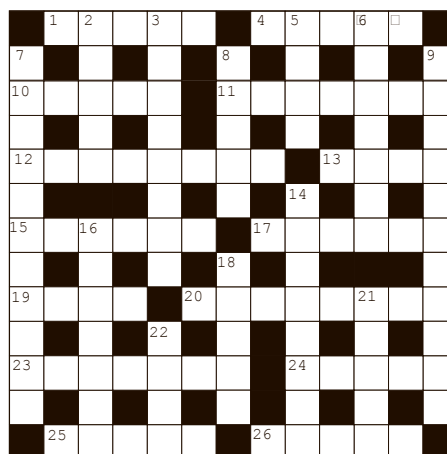
To be in with a chance of

winning, just tell us the name of the Downton dame on the right of this picture from *Quartet*. Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is January 11, 2013.

Include your name and postal address and the details and tickets will be posted to you.



Crossword



ACROSS

1. Sailing vessel (5)
4. Tyre surface (5)
10. Tubby (5)
11. Cyclone (7)
12. User (8)
13. Stop (4)
15. Maker of menswear (6)
17. Dairy product (6)
19. Without feeling (4)
20. Fellow sailor (8)
23. Underground passages (7)
24. Approaches (5)
25. Beautiful girl (5)
26. Senior member (5)

DOWN

2. Shade of blue (5)
3. Seven-sided figure (8)
5. Very lightly cooked (4)
6. Stubbornly resolute (7)
7. Chance (11)
8. Bend forwards (5)
9. Noisy spirit (11)
14. Meet by chance (4,4)
16. Unusually large (7)
18. Board game (5)
21. Proverb (5)
22. Cure (4)

ACROSS: 1. Yacht, 4. Tread, 10. Plump, 11. Tornado, 12. Operator, 13. Halt, 15. Tailor, 17. Butter, 19. Numb, 20. Shipmate, 23. Tunnel, 24. Neat, 25. Belle, 26. Doyen.
DOWN: 2. Azure, 3. Heptagon, 5. Rare, 6. Admire, 7. Opportunity, 8. Stoop, 9. Poltergeist, 10. Bump into, 11. Immense, 12. Chess, 13. Hedge, 14. Dudge, 15. Heel.

Sudoku

EASY

	9				6	3	7	5
7	6	8	5	3	9	4		2
5	3	1	2		4	8	6	
6		2	7	4		9		
9	4	7	8	2				
1	8	3	6	9	5	2		
3	7		4			6	9	8
		6	9	5	8	7		1
	1							4

HARD

				7	1			
			8			1		
	9	1					6	
8	1		6			2		
			9					5
	3	5			4			
		4						
				5		8	3	
	7			9		6		4

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

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location...**Be seen in
the right
places...**

THE FANS' ROAR



By Ian Toal

Good start to year keeps us in the hunt

Millwall Supporters Club
millwallsupportersclub.co.uk

Millwall supporters were glad to see the back of December as the excellent form of November which earned Kenny Jackett the Manager of the Month Award disappeared and injuries started to weaken the team.

December yielded one victory and three defeats from the six matches.

Come the first day of January and we returned to winning ways against Bristol City with an important 2-1 win, even if it was a less than convincing victory.

Loanee right-back Adam Smith struck the much-needed winner in a game he would have missed had the red card he had received in the home defeat by Barnsley not been rescinded.

The transfer saga of top-scorer Chris Wood came to a head over Christmas but did not go the way Lions supporters had hoped.

Leicester City were in for Wood as well but, although we matched their bid and the wages, he chose to go with the Foxes believing they had better chance of promotion.

Numerous times in the past it was fair to accuse Millwall of failing to stump up the necessary cash to sign the players they wanted. But that is not the case this time.

With Keogh out injured and Henderson trying to regain match fitness after a spell out we are now struggling to finish our chances.

With Wood scoring a double on debut for Leicester on New Year's Day that just rubbed salt into our wounds. Kenny Jackett is a well prepared manager and already had a list of other targets.

Filling the hole left by Wood leaving is the priority in January, but also the left-wing position needs strengthening as Chris Taylor is out for at least a month and if his ligament damage does not respond to rest then surgery will be required which will mean the end of his season.

We get a break from league action this Saturday when we host Preston North End in the FA Cup third round. With us sitting in seventh place, just outside the play-offs, the league is the priority this season but a win against Preston and a plum draw in the fourth round will help to boost the coffers for a January player purchase.

Win puts gloss on threadbare Christmas tally

WEST HAM

Big Sam says he may look out for transfer window bargains

Beth Allcock
@wharf.co.uk

West Ham rounded off a dismal festive period by claiming their first home victory of 2013.

In a squad plagued by injuries, securing three points in yesterday's 2-1 clash against Norwich provided the Hammers with their first win in six games.

A controversial penalty offered the home side a chance to grab the momentum after the referee deemed Ryan Bennett to have held down Winston Reid, an opportunity that Mark Noble calmly converted in the third minute.

Joey O'Brien extended West Ham's lead to two goals in the 26th minute and Norwich were only able to find a

reply in the final minute of the game, through a Russell Martin shot.

The victory gave Sam Allardyce's side something to smile about after a not-so-cheery festive period with defeat at the hands of both Everton, in a fiery 1-2 clash at Upton Park, and a disappointing 1-0 loss at relegation-threatened Reading on Saturday.

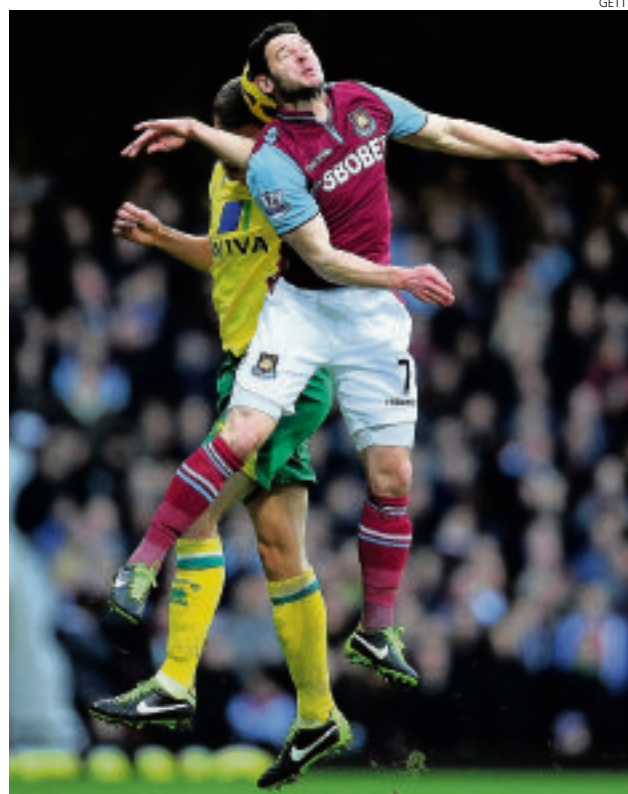
The postponement of the Boxing Day match away at Arsenal, as a result of the Tube strike, gave the threadbare squad chance to recoup and following the victory against Norwich, Allardyce hinted he may delve into the January transfer market.

"We have been trying very hard over the last few weeks to line up in the short term rather than the long term," he said.

"We will wait and see as January develops whether we get any joy or not but what we can say is that we've got our feelers out."

Following their first win of the New Year, the Hammers now face a tricky home draw against table-topping Manchester United in the Third Round of the FA Cup, on Saturday.

The home side will be boosted by



Matt Jarvis wins a header against Ryan Bennett of Norwich City

the return of Ricardo Vaz Te and Jack Collinson, who both started the match against Norwich following long-term injuries, and will be buoyed by Tuesday's comfortable victory.

But fresh from a run of form which

has seen just one defeat out of seven December matches, the Mancunian side proved they will be formidable opponents, emphasised in their 0-4 drubbing of Wigan this week.

WH v Man Utd, Jan 5, KO 5.15pm.

CHARLTON

7-goal thriller gives fans seasonal cheer



Charlton's Johnnie Jackson and Watford's Nathaniel Chalobah in action during the 4-3 Addicks win

CHARLTON may be underwhelmed by their four-point haul from the festive season but the fans will be buzzing after a seven-goal thriller on New Year's Day.

The Addicks put four past a promotion-hunting Watford side with Johnnie Jackson grabbing a late winner to keep the club in mid-table despite a miserable December which saw them lose three and draw three.

Gianfranco Zola condemned his team's sloppy performance but Charlton boss Chris Powell was more than happy.

He said: "We had a tough December after having a very good November, so it's a real positive result for us and a good way for us to kick off the new year."

"It was a sensational game. Both teams played their part in what was a great game for everyone watching but I felt on the balance overall we just about deserved it."

"But they had some good chances, my keeper made a couple of good blocks, but overall we had 10 chances to their five and it was the good we took four of them."

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